



You've Been Tested for COVID-19, Now What?

MEDICAL CONCERNS

If you need immediate medical care, you can contact your health care provider, Telehealth at 1-866-797-0000 or call 911. Let them know you have been tested for COVID-19.

RESULTS

Test results will usually be available in **2-4 days** but could take longer. Access your test result online:

<https://covid19results.ehealthontario.ca:4443/agree>

(If you cannot access test results through this site, contact the clinician who ordered your test or your primary care provider).

The Porcupine Health Unit will contact all people who test positive for COVID-19.

How to Self-Isolate

You must self-isolate if you have COVID-19 symptoms or you were in close-contact with a person who has COVID-19.

How to self-isolate:

- Stay home, do not leave your house.
- As much as possible, avoid contact with people in your home. Stay in your room and use a separate bathroom if possible.
- Do not have visitors.
- Wash your hands often with soap and water or alcohol-based hand sanitizer.
- Sneeze and cough into your sleeve.
- If you cannot maintain a 2-metre distance from others in your home, wear a face covering or mask.
- “How to Self-Isolate” – instructions are available in multiple languages online, visit: **<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en>**

When to End Self-Isolation

If you test negative

- Self-isolate until you no longer have a fever (without the use of medication) and your symptoms have improved for 24 hours*.

***Exception:** if you have been identified as a high-risk contact, you must follow public health direction and continue with isolation for 14 days (more information in the Close Contact section).

If you test positive

The Porcupine Health Unit (PHU) will provide guidance to anyone who tests positive.

Anyone who tests positive will be followed by public health and will be advised when isolation is complete.

In general, people who test positive for COVID-19 with:

- mild, to moderate symptoms will be directed to self-isolate for 10 days.
- severe symptoms requiring hospitalization and/or ICU support, or if you are immune compromised, you will be directed to self-isolate for 20 days.

Important Information if you were Identified as a “Close Contact”

- The PHU helps the person with COVID-19 identify who is a close contact and instructs close contacts to self-isolate for 14 days from the last time they interacted with the person who tested positive.
- If you have not been contacted by the PHU, then you are not a close contact.

| | Description | Actions |
|--|--|--|
| Close Contact (High-Risk Contact) | <p>In general, a close contact is someone who:</p> <ul style="list-style-type: none"> • had close contact (less than 2 meters). • provided direct care without consistent use of appropriate precautions. • was in direct contact with bodily fluids. • was in the same room for more than 15 minutes. | <ul style="list-style-type: none"> • You MUST self-isolate and self-monitor for 14 days. • Do not return to work in-person. • PHU will provide recommendations for testing. • If you test negative, continue to self-isolate for 14 days (for the rest of the incubation period). |
| Low Risk Contact | <p>In general, a low-risk contact is someone who:</p> <ul style="list-style-type: none"> • cared for a person while using appropriate precautions (i.e. surgical procedure mask, eye protection, disposable gloves, good hand hygiene). • spent less than 15 minutes together while maintaining physical distancing of two meters. | <ul style="list-style-type: none"> • Self-monitor for 14 days. • If you develop symptoms, self-isolate and call the COVID-19 Assessment Center. |

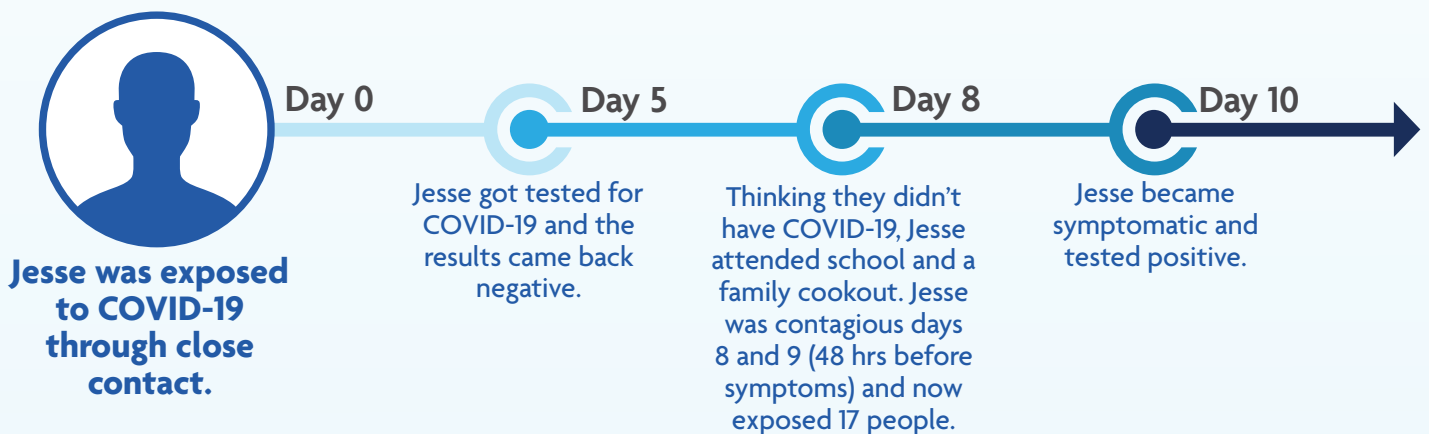


COVID Alert App <https://covid-19.ontario.ca/covidalert>

Download the COVID Alert mobile app to protect yourself and your community. Get a phone alert if you may have been exposed to COVID-19 (coronavirus), and let others know if you test positive without sharing any personal information.

COVID-19 Incubation Timeline

COVID-19 has up to a 14 day incubation period



Even with a negative test result, if you have been in contact with someone who has tested positive for COVID-19, you must stay home and self-isolate for 14 days from your last contact with that person. Self-isolation period is 14 days as this is the incubation period for the COVID-19 virus.